

CLAIMS:

1. A method to form a mouthguard to be worn by a user, the method includes the steps of:

providing a mould having a portion configured as a reproduction of a portion of a user's mouth;

locating on the mould a mouthguard shell to be plastically deformed by pressure to conform to said portion;

placing over the shell a deformable sheet so that the shell is located between the sheet and mould; and

applying a pressure differential across the sheet so that the sheet urges the shell against the mould to plastically deform the shell against said portion so that the mouthguard conforms to the configuration of the user's mouth.

2. The method of Claim 1 wherein the sheet has a shell side and a remote side, with the pressure on said remote side being increased to urge the shell against the mould.

3. The method of Claim 1 wherein said sheet has a shell side and a remote side, with the pressure on said shell side being reduced to urge the shell against the mould.

4. The method of any one of Claims 1 to 4 wherein said sheet is formed of natural or synthetic rubber, latex, silicone or elastic foil.

5. The method of any one of Claims 1 to 4 wherein said sheet is of a domed configuration prior to deformation.

6. The method of any one of Claims 1 to 4 wherein said sheet is flat prior to elastic deformation.

7. The method of any one of Claims 1 to 6 wherein said sheet is maintained at a spaced location relative to the shell prior to elastic deformation, and is subsequently moved towards said shell to cause initial elastic deformation of the sheet prior to applying said pressure differential.

8. A method to form a mouthguard to be worn by a user, substantially as hereinbefore described with reference to the accompanying drawings.

A mouthguard formed by the method of any one of the previous claims.

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